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**Playing With Portals: Notes from an Ex-Reiki Practitioner.**

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## **Introduction**

In fall 2020, I broke my foot from walking. Yes, just walking.

I took a walk along a neighborhood trail. By the time I returned home, I was unable to stand.

One day I was being treated for a stress fracture. The next day I was diagnosed with a form of neuropathy. A few weeks later I was being tested for multiple sclerosis.

Within a few months, I had full body nerve and muscular pain, intense acid reflux, achy joints, ear pain, and debilitating headaches. I spent my entire senior year of college at home. I went from zoom class, to physical therapy, to an MRI scan, then back to class. Sometimes I was in the zoom lecture in the middle of appointments so I wouldn't get my letter grade knocked down for poor attendance. I had to use a wheelchair for long distance trips. I wore two ankle braces, two wrist braces, a back brace, and a knee brace.

Twelve different doctors all had twelve different opinions. No doctor, no matter the specialty, could seem to get the diagnosis quite right.

When my neurologist told me, “There is nothing else I can do,” A voice inside me said, “That’s bullshit.” From that day on, I committed to healing myself. Screw what the doctors said!

In late 2021, I was introduced to Reiki healing. Reiki is a form of energy healing where a practitioner uses their hands to send the patient healing energy to help them release all that does not serve them. On paper, this sounds like a scam.

In fact, many people in the allopathic field consider it pseudoscience. However, those who have seen Reiki or energy healing up close know that it is far from fake.

We have been conditioned to think that what we call science is real and what we call pseudoscience is fake. In reality, it is the reverse. But that’s for another day, ha!

Although my condition had improved, my health was still subpar. My joints still ached so I had an awkward gait and I still experienced numbness in my wrists and ankles. After my first Reiki session, however, I found that my physical pain was alleviated. I was shocked. No, this was not a placebo. I had shuffled into the Reiki center, but I had left skipping. The session surpassed all other holistic treatments. It went straight to healing my soul.

At the time, I believed that Reiki was the spiritual healing modality that I was looking for. I felt as if God had led me to something that would later be my calling...

Fast forward to two years later, and my perspective on Reiki and energy work in general is very different. About a year after becoming a Reiki Master, I began seeing that the world of “love and light” had a rotten underbelly...My experience with Reiki has now gone from a story of triumph to a cautionary tale.

Reiki, and other energy healing modalities, are more than just “sending people positive energy.” These are practices that can literally alter someone’s human energy field, or aura...

The problem is too many people think they know what they are doing when they actually do not. Too many soul surgeons do not know how to conduct a surgery. Too many people are playing with portals.